

IN THE CLAIMS

1 Please cancel claim 4 without prejudice.

Please amend claims 1 and 5 as follows:

Claim 1 (Currently Amended) A protective disk, adapted for use with a dumbbell
5 having a bar with weights at opposite ends, said disk comprising:

(a) an outer surface adapted to bear against the dumbbell weights; and

(b) a convex inner surface; ~~and~~

said disk defining a hole through said outer and inner surfaces adapted to
receive the dumbbell bar;

10 said disk further defining a slot connecting said hole to the outer edge of said
disk.

Claim 2 (Original) The protective disk of claim 1 wherein said outer surface is
15 substantially planar.

Claim 3 (Original) The protective disk of claim 1 wherein said convex inner
surface has a radius in the range of 5 to 8 inches and said disk has thickness of no
20 more than 1.5 inches.

Claim 4 (Canceled)

1 Claim 5 (Currently Amended) The protective disk of claim 4-1 wherein said slot
has a width no more than one half the diameter of said hole.

5 Claim 6 (Original) The protective disk of claim 1 wherein said outer surface
comprises alternating ribs and gaps extending radially from said hole.

10 Claim 7 (Original) The protective disk of claim 1 wherein said disk further defines
a cavity, concentric with a larger than said hole, extending from said outer surface at
least partially through said disk.

15 Claim 8 (Original) A protective disk, adapted for use with a dumbbell having a bar
with weights at opposite ends, said disk comprising:

 (a) a substantially planar outer surface adapted to bear against the dumbbell
 weights;

 (b) a convex inner surface;

 said disk having a central axis perpendicular to both said outer and inner surface
 and an outer rime; and

20 said disk defining a hole, concentric with said central axis and extending
 completely through said disk, adapted to receive the dumbbell bar and a
 slot connecting said hole to said outer rim.

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1 Claim 9 (Original) The protective disk of claim 8 wherein said disk further defines
a cavity, concentric with a larger than said hole, extending from said outer surface
partially through said disk.

5 Claim 10 (Original) The protective disk of claim 9 wherein said outer surface
comprises alternating ribs and gaps extending radially from said hole.

10 Claim 11 (Original) The protective disk of claim 10 wherein said convex inner
surface has a radius in the range of 5 to 8 inches and said disk has thickness of no
more than 1.5 inches.

15 Claim 12 (Original) The protective disk of claim 11 wherein said inner surface is
textured for improved grip.

Please add new claims 13-19 as follows:

20 Claim 13 (New) The protective disk of claim 1 wherein said inner surface is
textured for improved grip.

25 Claim 14 (New) A protective disk, adapted for use with a dumbbell having a bar
with weights at opposite ends, said disk comprising:

- (a) an outer surface adapted to bear against the dumbbell weights; and
- (b) a convex inner surface;

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said disk defining a hole through said outer and inner surfaces adapted to receive the dumbbell bar;

said outer surface comprising alternating ribs and gaps extending radially from said hole.

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Claim 15 (New) The protective disk of claim 14 wherein said outer surface is substantially planar.

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Claim 16 (New) The protective disk of claim 14 wherein said disk further defines a slot connecting said hole to the outer edge of said disk.

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Claim 17 (New) The protective disk of claim 15 wherein said slot has a width no more than one half the diameter of said hole.

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Claim 18 (New) The protective disk of claim 14 wherein said disk further defines a cavity, concentric with and larger than said hole, extending from said outer surface at least partially through said disk.

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Claim 19 (New) The protective disk of claim 14 wherein said inner surface is textured for improved grip.